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Roseburg Angel Investor Network (RAIN)

Roseburg area Angel Investor Network (RAIN) is an effort to foster a better environment for entrepreneurship in Douglas County. The primary vehicle is a private company (an LLC), through which local investors are coming together to invest in one early stage company. The larger effort, being organized by The Partnership for Economic Development in Douglas County and the Umpqua Business Center, includes a business plan competition, a series of training events, and a conference in November (November 13 at the Danny Lang Center at Umpqua Community College).

The primary goals are:

- Increase seed capital availability for regional early stage companies.
- Build awareness and knowledge of local entrepreneurs and investors about direct equity investment.

RAIN is a community effort of investors and local resources. Entrepreneurs will receive hands-on experience in developing a business plan, pitching an equity investor, and understanding deal structure. Our local investor community will be trained on how to evaluate potential direct equity investments and how to structure such investments. RAIN is looking for the best and brightest early stage companies to compete for an estimated \$125,000 to \$150,000 seed capital investment. The RAIN LLC invites applications from the following types of businesses:

- Companies with a potential for growth/scalability.
- Companies with some evidence of a market in terms of revenues are preferred, but exceptional pre-revenue companies with a high degree of advancement in the development of products and intellectual property are also welcome to apply.
- At a minimum, companies should have proof of concept or prototypes.
- Successful applicants are likely seeking a round of funding from \$150,000 to half a million dollars.
- Oregon businesses only.

Investors have a strong preference for local or regional companies. Firms must be willing to give up a portion of their equity in return for this investment.

Application instructions are available through www.rainangel.org. You can also follow us on Twitter@RoseburgAngels.

The RAIN effort is supplementing – and building upon – a variety of other resources available in the area that are also working to support small business growth and entrepreneurship in Douglas County.

Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

Office Closures

Oct. 14 Columbus Day

Nov. 11 Health & Wellness clinics closed

Roseburg Angel Network (continued from front page)

These resources include:

The Umpqua Business Center (www.umpquabusiness.com): the business incubator is located on tribal property in downtown Roseburg.

Umpqua Community College's Small Business Development Center, housed at UBC. NeighborWorks Umpqua: a regional community development corporation supporting micro-enterprise development through several programs.

Young Entrepreneur Society of Umpqua: individuals meeting and networking to support the climate of entrepreneurship.

Tribal Workforce Development Department



Tribal Member Focus

This month starts a new article in the newsletter. Each month you will hear about a successful tribal member. You will learn about what position they have today, a little about their background, and important lessons they learned along the way. In addition, you'll hear some personal advice and wisdom that we can apply to our life.

MEET PATTI CONNER

Patti Conner is a descendant from the Dumont family. She is currently the Senior Custodial Manager at Seven Feathers. She has 67 employees on her team that clean the entire Casino and many other tribal properties. Patti is extremely proud of the team and has been leading the group for the last 8 years. In her spare time, she enjoys being in the outdoors, hunting, painting, sewing, and spending time with her family.

Patti has a wide background that includes jobs in Hospice, housekeeping, a slaughterhouse, and even cleaning Yachts in Florida making \$800.00 a day! Patti feels that hard work, going beyond the minimum expectations, asking questions, being fair with others, requesting help, and taking classes, has helped her achieve success and consistently land her in supervisory positions. One of the best pieces of career advice Patti ever received was "pick your battles"! We sometimes become so passionate about our positions and feel that others just do not understand, therefore, making the situation personal instead of related to business. If you remember not to take business decisions and changes personally, you will go far.

Patti is currently working towards her Life Coaching certificate. She's been attending school and will be graduating September 2013. The Tribe has assisted in her schooling and Patti is very grateful for the help and support as she works toward achieving her personal goals.

Patti is passionate about people! It's exciting to her to see people curious about possibilities in their career and life. She enjoys helping others solve work and life related issues so they are able to reach their full potential. She believes life and a career center on choices. Be true to yourself and the choices you make because at the end of the day it's truly all about you.

The following is advice directly from Patti: "Never give up! You're never too young or old to try something new. Don't talk to yourself negatively because you can achieve your heart's desires if you want it bad enough. Battling yourself is not a winning solution!"

Would you like to talk with and learn from Patti? She would be happy to be a mentor to any interested tribal member. If you're interested in talking more with her, let me know and I'll be happy to connect you.

Thank you Patti for your tremendous contributions to the Tribe and providing information for this article!

Do you have someone you would like us to focus on in a future article? Nominations are always accepted! Just email Nichole Wood at nwood@cowcreek.com or call at 541-677-5575.

Tribal Health Fair - SAVE THE DATES -

Fall is fast approaching and it's time for our staff to come and share great health information, flu, pneumonia and Tdap immunizations and blood pressure checks.

Administrative representatives will conduct a listening session & discuss future healthcare issues. The Nesika Health Group will also be onsite to answer insurance questions.

Come share food, giveaways and the opportunity to ask staff questions regarding nutrition, fitness and wellness!

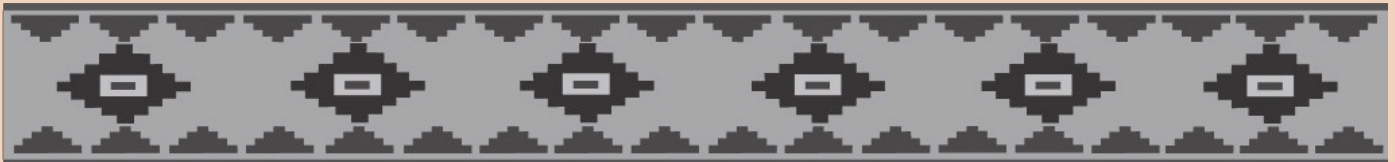
Please attend one of the following:

October 19, 2013 - Redmond, OR
10:00 a.m.-2:00 p.m.

November 2, 2013 - Canyonville, OR
10:00 a.m.-2:00 p.m.

November 8, 2013 - Kelso, WA
3:00 p.m.-7:00 p.m.

Watch your mail next month for your invitation to this vital meeting regarding future tribal healthcare.

**OVER-THE-COUNTER PURCHASE ORDER DEADLINE**

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2013. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2013 reimbursement must be received by December 31, 2013. Receipts must be dated and readable.

Please send OTC receipts to:

Cow Creek Health and Wellness Center -OTC
2371 NE Stephens, Suite 200
Roseburg OR 97470

It has been our privilege to assist each of you this year in obtaining your OTC preventative products.

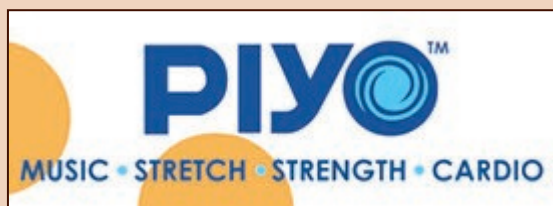
Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 2, 2014. For additional information regarding this program and many others, please visit our website at www.cowcreek.com.

If you have any questions, please contact Christy Sanford at CCHWC 541.492.5257 or csanford@cowcreek.com.

Exercise Classes at the Canyonville Clinic and the Block House!!!

Starting August 20th and continuing every Tuesday and Thursday until further notice, we will be holding exercise classes!

There are two different instructor led classes to choose from:



At **3:30** on **Tuesdays and Thursdays**, we are offering PiYo classes. Never heard of PiYo? Maybe you've heard of Pilates and I'm sure you've heard of Yoga.

PiYo is a unique core-strengthening workout inspired by yoga and Pilates, PiYo moves fit perfectly together to form a class that's fun and challenging; Think sculpted abs, increased core strength, and greater stability. PiYo™ is unlike any other format...you'll love it! No previous experience required.

Mats for floor work will be provided!!!

For those looking for a more challenging aerobic type workout,
Ditch the workout and join the party with



Bring a water bottle and a smile...Be prepared to laugh, shake, shimmy and sweat...no experience necessary...the rest will happen when you
BRING IT to the Block House at 4:45!

Please wear appropriate footwear, i.e., cross-trainers or tennis shoes...please, no dance or leather soft-soled shoes.

These classes are open to all tribal members, employees and clinic users.

For more information, please contact Bob Dunas at 672-8533 or 691-2462.

Standard American Diet (SAD) 7 Tips to Better Health



If you were told there was something that quadrupled the amount of cardiovascular disease in men over 40, caused a skin disease in adolescents that never existed before, and caused a cancer in women that was previously unknown; you would be shocked and would want to know what the FDA was doing about it. This entity actually exists-it is the Standard American Diet or SAD!!!

But the simple truth is to avoid problems in the future it is easier to stay well than to get well. You can help the process by paying attention to your diet. Invest

some time and effort to improve your diet and reap the reward of good health and excellent energy.

Following these seven tips is a great place to start!



1. Drink plenty of water each day: Water helps to keep your cells hydrated and protected, to eliminate waste and ensure the health of your mucus membranes. Adequate hydration will improve a number of health problems including sinusitis, constipation, inflammation, allergies, fatigue, joint pain, headaches and many other afflictions. Drink more water and less soda, coffee, tea or juice.

2. Eat plenty of vegetables: Plenty means that at least $\frac{1}{2}$ to $\frac{3}{4}$ of the food you eat (by volume). Vegetables are very high in fiber, vitamin C, folic acid and minerals. Eating vegetables is stressed here because when people are told to eat more fruits and vegetables, they tend to increase fruit intake but not vegetable intake.

3. Avoid deep fried food, trans fats, partially hydrogenated oil and hydrogenated oil: As time passes, we keep finding more bad things about hydrogenated oil and fried foods. Hydrogenation is the food industry's way of turning liquid oils into solid fats. This gives packaged foods a longer shelf life than if they were made with natural oils. Not all fats are bad for you. Permissible fats include raw nuts (not roasted), virgin or extra virgin olive oil and avocados.



4. Avoid refined sugar: The average American eats 150 pounds of refined sugar per year. Compare that to seven pounds per year consumed in England in 1750. Sugar stresses the adrenal glands.

5. Avoid refined carbohydrates: The average American gets 50% of his or her calories from refined carbohydrates. Refined carbohydrates are grains that have had the fiber, vitamin E, B vitamins, bran and germ removed. In other words, the nutrients have been removed and you are left with the starch. They create all of the same health problems created by refined sugar.

6. Avoid chemical additives: stay away from processed foods and chemicals. The average American consumes 10 pounds of chemical additives every year. This has had a devastating effect on our health. The FDA tests single additives, but no one has any idea what combinations of additives do to us. Stay away from packaged foods with chemical additives.

7. Eat slowly and chew your food thoroughly. Ideally, chew your food until it is liquid. You will be satisfied with less food and you will have better digestion. Your saliva has enzymes that facilitate digestion. Also, it is easier to digest small particles than large ones. Not chewing well stresses your digestive system and can lead to poor absorption of nutrients, digestive problems like gas and bloating and promote the growth of harmful bacteria in the digestive tract.

For more information on how to make these and other changes to your eating and exercise lifestyle, feel free to contact Bob Dunas, Health Education Manager or Tricia Hedges, Registered Dietitian at 541-691-2462.

FREE Community Emergency Response TRAINING



TOPICS COVERED:

Fire Safety	Disaster Psychology
Light Search & Rescue	Terrorism and CERT
Medical Operations Part 1 & 2	Disaster Simulation
CERT Organization	

LOCATION: Cow Creek Health Center
480 Wartahoo Lane
Canyonville, Oregon

WHEN: October 5, 12, 19 & 26
8:30 a.m. to 4:30 p.m.

Lunches provided
by Cow Creek
Umpqua Tribe

Disaster can strike at any time. The real disaster is if you have not taken the opportunity to learn how to be prepared. If a disastrous event should happen, the community's professional response, CERT members can assist others by applying the basic response and organizational skills they learned during training. These skills can help save and sustain lives. Become a CERT member and learn how to help your family, your neighbors, and your community. This is a FEMA designed course.

REGISTER by calling 541-464-3867 or e-mailing astone@co.douglas.or.us

Contract Health News



It's already September! Where has the year gone? It is time to start getting ready for fall with flu shots and making medical and dental check-up appointments before the end of the year.

Next month the new 2014 applications will be coming out for all in area members, be sure to complete one for each Cow Creek Tribal member in your household and return before 12/31/13 to have coverage in 2014.

It is important to call your providers if it does not show that Cow Creek Contract Health Services has paid on your statements. CHS will not consider any bills over 1 year old for payment. It is your responsibility to be sure they have billed CHS.

The number one reason for payment being denied is no purchase order prior to your visit. Purchase orders are date sensitive and are only good for the date issued. If you don't make your appointment and are rescheduled call for a new purchase order for the new date. If you go for a visit and have to go back for same thing it requires a new purchase order for the second date of service.

Remember to call if you are not sure if you need a purchase order or have any questions the CHS staff is always happy to answer your questions and issue purchase orders.

Contract Health staff can be reached in the Canyonville office at 541-839-1345 ext. 2432 or the Roseburg Office at 541-672-8533 option #1.

Student Rental Assistance Open Enrollment 2013- 2014

The Student Rental Assistance Program has been accepting applications since July, 2013 for the upcoming school year. This program is designed to assist low to moderate income level Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. Applications must be filled out in their entirety and all requested documentation must be provided to be considered for this program. Applicants that do not provide all required documents will not be considered. This program is funded with federal grant money and applicants need to meet low income guidelines for eligibility. Applicants cannot pay more than 30% of their annual income and must have a signed landlord information sheet to be eligible.

Please contact Janet Cooper Program Assistant to request an application to apply for the program. Applications are also available online for download at www.cowcreek.com. If you are a continuing student, an application must be re-submitted and all requirements need to be met prior to receiving continued assistance. Funding is limited for this program therefore applications must be received in a timely manner to be reviewed. If you have any further questions please contact the Tribal Housing Program at 1-800-929-8229.

Tribal Garden Update

Hello from your Tribal Garden and the Natural Resources Department. It's been a busy growing season with Ken Grizzle, our Tribal Garden Specialist, planting, weeding and harvesting abundant fresh produce. Ken is happy to report more and more Tribal families are harvesting fresh produce from the Tribal garden.

With the rapid produce growth, the Tribal Garden needs Tribal members to come out and gather some produce. Any volunteering to pull weeds while you're at the garden gathering is very much appreciated.

The Lady Bug Release Day on August 8th went very well. Tribal youth released 15,000 lady bugs and 2,000 Lacewing Bugs in the Tribal garden. The youth learned these bugs are good for the garden because they eat other bugs that are harmful. There is one more youth activity planned for September 14th at the Tribal Garden. It will be a Tribal Garden barbecue, with hamburgers cooked by Umpqua Indian Foods. For more information regarding this event please contact Tabitha Johnson at (541) 677-5575 or TJohnson@cowcreek.com.



Kalista Bochart and Caitlin Johnson get ladybugs from Robb McClain, Tribal Gardener



Ken leading the JOM kids through the garden



Khloe Bochart not too sure about ladybugs



Ken Grizzle and Brian Malone choose the perfect spot for the ladybugs to live.

Education Department



10 tips to keep you afloat for a successful college year!

for more information contact
thunt@cowcreek.com or 541-677-5575

1. If you haven't already registered, try not to schedule back to back classes. You'll wear yourself out besides missing the best times to study – right before and right after class.
2. Begin the first day of class. Know what's expected of you. Take notes from the first day even if it's routine stuff you think you already know.
3. Establish a routine time to study for each class. For every hour you spend in class, you will probably need to study two hours outside class. Studying for each subject should be at the same time and same place if possible. Study includes more than just doing your homework. You will need to go over your notes from each class, labeling, editing, and making sure you understand them. Check your syllabus daily to see where you are going and where you have been. Be sure to do reading assignments. (Don't put them off just because there's not a written assignment.) Read ahead whenever possible. Prepare for each class as if there will be a pop quiz.
4. Establish a place to study. Your study place should not be a place where you routinely do other things.
5. Do as much of your studying in the daytime as you can. What takes you an hour to do during the day may take you an hour and a half at night.
6. Schedule breaks. Take a ten minute break after every hour of study. If possible, avoid long blocks of time for studying. Spread out several short study sessions during the day.
7. Make use of study resources on campus. Find out about and use labs, tutors, videos, computer programs, and alternate texts. Sign up for an orientation session in the campus library and computer facilities. Get to know your professors and advisors. Ask questions. "I didn't know," or "I didn't understand" is never an excuse.
8. Find at least one or two students in each class to study with. Studies show that students who study with someone routinely make better grades. You will probably find yourself more motivated if you know someone else cares about what you are doing in the class. Teaching a concept or new idea to someone else is a sure way for you to understand it. Studying in a group or with a partner can sometimes become too social. It is important to stay focused.
9. Study the hardest subject first. Work on your hardest subjects at a time when you are fresh. Putting them off until you're tired compounds the problem.
10. Be good to yourself. Studying on four hours of sleep and an empty stomach or junk-food diet is a waste of time. Avoid food and drink containing caffeine just before or just after studying.

Senior Day at the Portland Zoo



Save The Date! September 17, 2013

Come join the fun! It is Senior Day at the Portland Zoo. Spend the day with us, connect with the animals, share the company of each other, and enjoy a few meals together as the day progresses.

Even if you have been to the Zoo before, this will be an awesome trip for everyone! Each Elder can bring a friend. Contact Cindy Delay by September 6th to reserve your seat on the bus.

A MTR Western Charter Bus will pick you up at 7:00 a.m. at Seven Feathers Casino in the south parking lot near the cemetery and at the Roseburg Government Office at 7:45 a.m. Please contact Cindy to arrange special accommodations.

October Elder's Trip to Crater Lake

Crater Lake National Park is beautiful any time of the year, but will be magnificent this fall with all the changing colors of the trees.

A Park Ranger will join our bus for a guided tour. He will tell us all about Crater Lake and answer any questions we may have.

After the 30 mile rim tour, we will head to the Crater Lake Lodge to enjoy a hot lunch together.

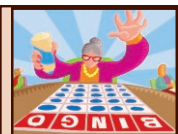
We will be riding on a MTR Western charter coach for this wonderful trip from Seven Feathers, to Roseburg, up the North Umpqua, past Diamond Lake over to Crater Lake, then over the hills and through the woods to back to Seven Feathers Casino to end our tour for the day.



Catch our bus on October 13th, either at Seven Feathers Casino at 8:00 a.m. or at the Government offices at 8:30 a.m. The Estimated return time will be around 5:00 p.m.

Please call Cindy Delay at 541-677-5575 to reserve your seat on the bus. Each elder can bring one other person; ie: friend, spouse or relative.

Other Elder's Events to Remember



Don't forget about the Elder's Bingo and Potluck in the Grape Room at Seven Feathers. This event has proven to be a blast!!! There are prizes to be won and an abundance of laughter too.

Annual Fall Dinner - "Dylan James" will perform live with a nice mix of music for everyone to enjoy. There will be a raffle with lots of prizes. Mark your calendar for Sat, November 9th at 3:30 in the Cedar room at Seven Feathers Convention Center. Be sure to call Cindy Delay @ 541-677-5575 for your reservations.



Friday, Dec 6th is our Elder's Honor Luncheon & Dessert Potluck Christmas Party. If you would like to participate in the gift exchange, please bring a gift and mark it male or female. Please keep gifts under \$5. Prepare for lots of fun!!! Enjoy Live Christmas music by "Ambience" who is also a local artist. Call now to get your name on the list!

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AA Mtg 6 PM Gov Office	2 Labor Day Offices Closed	3	4	5	6 Elder's Honor Lunch 12 pm @ 7F Grape Rm	7
8 AA Mtg 6 PM Gov Office	9 JOM Mtg 5 PM Gov S. Bldg	10 Food Bank 9-12 PM	11	12 Exercise Classes 3:30 PM and 4:45 PM Block House	13	14 BBQ @ Tribal Garden
15 AA Mtg 6 PM Gov Office	16	17 Family Camp 530-800 PM @ Gov Office Board Rm Elder's Trip to Portland Zoo	18	19 PlanEat Movie @ CCHW South Clinic 5 PM	20	21 Diabetes Prevention Picnic 11 AM-2:30 PM Stantpon Park
22 AA Mtg 6 PM Gov Office	23	24 Family Camp 530-800 PM @ Gov Office Board Rm Food Bank 1-4 PM	25	26 Exercise Classes 3:30 PM and 4:45 PM Block House	27	28
29 AA Mtg 6 PM Gov Office	30					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Elder's Potluck & Bingo @ 7F Grape Rm	5
6 AA Mtg 6 PM Gov Office	7	8 Food Bank 9-12 PM Exercise Classes 3:30 PM and 4:45 PM Block House	9	10 Exercise Classes 3:30 PM and 4:45 PM Block House	11	12
13 Elder's Crater Lake Trip 8 AM-5 PM AA Mtg 6 PM Gov Office	14	15 Exercise Classes 3:30 PM and 4:45 PM Block House	16	17 Exercise Classes 3:30 PM and 4:45 PM Block House	18	19
20 AA Mtg 6 PM Gov Office	21	22 Exercise Classes 3:30 PM and 4:45 PM Block House Food Bank 1-4 PM	23	24 Exercise Classes 3:30 PM and 4:45 PM Block House	25	26
27 AA Mtg 6 PM Gov Office	28	29 Exercise Classes 3:30 PM and 4:45 PM Block House	30	31 Exercise Classes 3:30 PM and 4:45 PM Block House		

Announcements

Births/New Enrollments

Kyler Joseph Martinez, Dominic Simon Bernardino, Giovanni Xavier Raymond Hayes and Minni Lenora Mays

Obituaries

No Deaths were reported

More Upcoming Events



September

FREE MOVIE!!! Thursday, September 19th @ 5:00 PM in the Health & Wellness Center Classroom in Canyonville. This visually stunning film from filmmakers Shelley Lee Davis and Or Shlomi tells the story of the scientists, farmers and chefs tackling one of the greatest problems of our age: Western culture's love affair with meat and dairy. Through an extraordinary personal and mouth-watering culinary journey we discover the wide range of medical and environmental benefits of eating our veggies.

If you have any questions, contact Tricia Hedges at 541-691-2461

Tribal Identification Cards



Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Janet at the Cow Creek Government Office at 541-677-5575 or 800-929-8229. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you. **Tribal I.D. cards are legal documents and are accepted as legal proof of identity.**

Address and Phone Number Updates



Tribal members are encouraged to maintain a current address and phone number at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the Tribal Government Office. If your address has changed the Change of Address forms are available on the Cow Creek Website to print and mail or call the Government office at 541-672-9405 to have one mailed to you.

Cow Creek Band of Umpqua Tribe of Indians
2371 NE Stephens St. Suite 100 Roseburg, OR 97470
Phone: 541-672-9405 Fax: 541-673-0432
Toll Free: 800-929-8229



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com